

Indiana's Title IV, Part A: Examples of Action Steps Related to the **WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD** model

The Indiana Department of Education's Title IV, Part A, SY 2018-2019 application indicates that within Focus Area A) Provide All Students with Access to a Well-Rounded Education and Focus Area B) Social and Emotional Supports, funding is now available for school districts in Indiana to improve academic achievement through health and safety programming. The Indiana Healthy Weight Initiative's Healthy Schools Action Team has identified examples of fundable activities for school districts to consider when completing their application. These activities directly connect to the Whole School, Whole Community, Whole Child model developed by ASCD and the Centers for Disease Control and Prevention.

COMMUNITY INVOLVEMENT

- Interactive health fairs
- Community resources and volunteers to support student learning development and health-related activities

HEALTH EDUCATION

- Planned and sequential health education curriculum for pre-K through grade 12
- Integrated health education topics in core, elective, and special class subjects
- Training and support for Indiana Academic Standards for Health/PE
- Integrated health education professional development for all teachers

FAMILY ENGAGEMENT

- Parent/guardian and community member education classes/seminars on health-related topics
- School gardens or participation in community gardens
- Family engagement in school-based programs and activities that promote healthy eating and physical activity

EMPLOYEE WELLNESS

- Healthy eating and physical activity programs for all school employees such as free or low-cost wellness programming, screenings, and services
- Yoga and Mindfulness training to benefit student and staff mental health

PHYSICAL ENVIRONMENT

- Policies, programs, and safety equipment that encourage children and their families to walk, bike, and roll to school
- Access and equipment to healthy foods and increased PA opportunities
- Written alcohol, tobacco, and drug free campus policies (including vaping products)

SOCIAL & EMOTIONAL CLIMATE

- Conflict resolution strategies for students using evidence-based programs
- Training for teachers on Social and Emotional Learning (SEL) integration into all classrooms
- Character education programs that focus on healthy relationships, and prevention of violence in relationships
- Annual professional development regarding bullying for all school staff

PHYSICAL EDUCATION (PE) & PHYSICAL ACTIVITY (PA)

- Instructional strategies in PE that enhance students' behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle
- Opportunities for all students to engage in PA outside of PE class
- PE and other PA programs which meet the needs of all students
- Professional development for all teachers on integrating PA in core subjects
- PA breaks and resources

NUTRITION ENVIRONMENT & SERVICES

- Collaboration between nutrition services staff members and teachers to reinforce nutrition education lessons taught in the classroom
- Farm to School activities
- Promotion and display of healthy menu items using Smarter Lunchroom techniques
- Annual professional development for all Food Service staff

HEALTH SERVICES

- Alcohol, tobacco, and other drug prevention or cessation referral or programs for students
- Annual professional development opportunities for staff members who lead or supervise out-of-school programs, recess, and cafeteria time
- Compliance with state immunization requirements
- Chronic disease management training for health services staff and education for students with chronic health conditions

COUNSELING, PSYCHOLOGICAL, & SOCIAL SERVICES

- Student access for needed health, mental health, and social services
- Professional development for social, emotional, behavioral, or mental health prevention/intervention
- Systematic approaches for identification, referral, and follow up of students needing social, emotional, behavioral, or mental health services
- Social, emotional, behavioral, or mental health prevention and awareness for students

